



# City of Long Beach

## Department of Parks, Recreation, and Marine

### **SILVERADO POOL**

***Special Hours:*** 11/16/15 -12/18/15

Please note: All Swim Lessons for King Pool will be conducted at the Silverado Pool Location from 11/16/15-12/18/15.

All classes will meet at the regular scheduled days and times.

<b><i>Activity</i></b>	<b><i>Days</i></b>	<b><i>Times</i></b>
<b>Lap Swim:</b> <i>(Shared with the Water Exercise program)</i> <i>(Shared with the Water Exercise program)</i>	Mon/Wed/Fri	6:30 - 11 Am
	Tue/Thu	6:30 - 9 Am
	Mon- Fri	12 - 2 Pm
	Mon/Wed/Fri	6 - 7 Pm
	Saturday	12 -1 Pm
	Sunday	8 - 11 Am
<b>All Ages Recreational Swim:</b>	Mon /Wed	2 - 3:30 Pm
	Tue/Thu	3 -4 :30 Pm
	Saturday	1 - 3:30 Pm
<b>Water Exercise:</b>		
	Deep	Mon/Wed/Fri 6:30-7:20 Am
	Shallow	Mon-Fri 8 -8:50 Am
	Shallow	Mon /Wed / Fri 11 -11:50 Am